



CHILLI BEEF STIR-FRY

with Noodles



HELLO FIVE SPICE

This classic Chinese blend contains star anise, Sichuan pepper, fennel seeds, cinnamon and cloves.



Spring Onion



Green Pepper



Red Chilli



Garlic Clove



Ginger



Tomato Ketchup



Soy Sauce



Sweet Chilli Sauce



Rice Vinegar



Chinese Five Spice



Cornflour



Beef Steak Strips



Egg Noodles

MEAL BAG

Hands on: **15** mins
Total: **35** mins

Family Box

1 of your
5 a day

Medium heat

Let tonight's dinner transport you to the bustling backstreets of Beijing! The trick with this dish is to slice the steak as thinly as you can and cook it in a super-hot frying pan. Do it in batches - that way it'll crisp up rather than stew. Let us know how it goes!



BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Mixing Bowl, Colander, Large Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water on to boil for the noodles. Trim the **spring onion** and thinly slice, separating the white and green parts. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the **red chilli** lengthways, deseed and finely chop. Peel and grate the **garlic** and **ginger**.



2 MAKE THE SAUCE

In a small bowl, mix together the **tomato ketchup, soy sauce, sweet chilli sauce, rice vinegar** and **water** (see ingredients for amount) and set aside. Put the **Chinese five spice** and **cornflour** in a mixing bowl with a pinch of **salt** and **pepper**. **★ TIP:** Use less *Chinese five spice* if you want to keep things subtle! Add the **steak strips** to the bowl and toss to coat it thoroughly. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 COOK THE NOODLES

Add the **noodles** to your pan of boiling water. Cook for 4 mins. Drain in a colander, then refill the pan with **cold water** and submerge the **noodles** to stop them cooking further. Set aside until ready to serve.



4 FRY THE STEAK

Meanwhile, heat a splash of **oil** in a large frying pan on high heat. Once almost smoking, carefully add the **steak strips** to the pan. Cook until browned, 3-4 mins. **★ TIP:** Don't crowd the pan or your steak will stew not fry! Cook it in batches if necessary. Once each batch of **steak** is just crisp around the edges, remove it to rest on some kitchen paper. **! IMPORTANT:** The *steak strips* are cooked when they are no longer pink in the middle.



5 NOW THE VEGGIES

Wipe out the pan, pop it back on the heat and add a drizzle of **oil**, the **pepper** and a little of the **chopped chilli**. **★ TIP:** If you don't like heat, go easy on the chilli, or omit it completely and add only at the end for the spice lovers! Cook for 2 mins. Add the **garlic, ginger** and the **whites** of the **spring onion**. Cook for 1 minute. Add the **sauce** to the **veggies** and cook until glossy, about 1 minute more.



6 COMBINE AND SERVE

Drain the **noodles** again in the colander and add them to the pan along with the **steak strips**. Toss everything together and heat through until piping hot, 2-3 mins. Divide between your plates and serve with the **greens** of the **spring onion** scattered over the top. Add any remaining **chilli** if you like it spicy. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Spring Onion *	2	3	4
Green Pepper *	1	2	2
Red Chilli *	¼	¼	½
Garlic Clove *	1	1½	2
Ginger *	½ piece	¾ piece	1 piece
Tomato Ketchup 10)	½ sachet	¾ sachet	1 sachet
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Water*	2tbsp	3tbsp	4tbsp
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Chinese Five Spice	1 small pot	¾ large pot	1 large pot
Cornflour	2 tsp	3 tsp	4 tsp
Beef Steak Strips *	260g	390g	520g
Egg Noodles 8) 13)	2 nests	3 nests	4 nests

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 354G	PER 100G
Energy (kJ/kcal)	2318 / 554	654 / 156
Fat (g)	14	4
Sat. Fat (g)	6	2
Carbohydrate (g)	68	19
Sugars (g)	15	4
Protein (g)	40	11
Salt (g)	3.47	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 10) Celery 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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